

# MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.
- **NUTRITION EDUCATION:** Counseling and nutrition education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.
- **HEALTH SUPPORT ACTIVITIES:**

*The following classes are provided by the Miami Springs Adult and Community School and instructed by Natasha Salmon-Cagno, Personal Trainer and Certified Yoga Instructor:*

- **CHAIR YOGA CLASSES**  
Mondays and Wednesdays  
9:00--10:30 a.m.  
*Classes are held at the Senior Center;*
- **"LET'S DANCE!" CLASSES**  
Mondays and Wednesdays  
10:30 --11:00 a.m.  
*Classes are held at the Senior Center;*
- **WEIGHT TRAINING CLASSES**  
Tuesdays and Thursdays  
9:00--9:30 a.m.  
*Classes are held at the Community Center;*
- **FLOOR YOGA CLASSES**  
Tuesdays and Thursdays  
9:30 --11:00 a.m.  
*Classes are held at the Community Center;*
- **"CELEBRATION" WORKOUT CLASS**  
Fridays  
9:30 --11:00 a.m.  
*Class is held at the Senior Center;*

*Class instructed by Denise Gishler:*

- **LINE DANCING CLASSES**  
Thursdays from 9:30 --11:00 a.m.  
*Class is held at the Senior Center;*
- **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.
- **RECREATION:** Recreational and social activities planned for April include: Bingo games (5/5, 5/12, 5/19 and 5/30); the MS/VG Senior Citizens' Club meeting (5/5); the monthly birthday party (5/15); and two field trips (see boxed listing).

*Class instructed by Elizabeth King:*

- **NEEDLECRAFTS CLASS**  
Thursdays from 12:30--1:30 p.m.  
*Classes are held at the Senior Center;*

*Class instructed by Berta Montes:*

- **ART CLASS (DRAWING)**  
Fridays from 12:30--1:15 p.m.  
*Classes are held at the Senior Center;*

**SPECIAL ENTERTAINMENT IN MAY:**  
Wednesday, 5/28 at 12:10 p.m.  
the **XIQUES FAMILY TRIO**  
-Bethany, Joseph, and mom Deborah

## HEALTH SCREENINGS & EDUCATIONAL PROGRAMS SCHEDULED IN MAY:

**COUNCIL REPORT** – Councilman Michael Windrem will present information on current Council actions and other topics of interest to the citizens of Miami Springs on May 1<sup>st</sup> at 12:15 p.m.

**"M-D COUNTY'S STS SERVICE"** - On May 2<sup>nd</sup> at 12:15 p.m., representatives from M-D County will present information on the Special Transportation Service available to the disabled.

**"LATER LIFE ISSUES"**- At 12:15 p.m. on May 14<sup>th</sup>, Catholic Hospice will sponsor a presentation on issues that need to be addressed in later life.

**"MENTAL HEALTH & DEPRESSION"** – Sponsored by Leon Medical Centers and the Alliance for Aging, Inc., medical staff will address this topic on May 20<sup>th</sup> at 12:15 p.m.

**WHAT YOU DIDN'T KNOW ABOUT THE LIBRARY and WERE AFRAID TO ASK"** – On May 21<sup>st</sup> at 12:15 p.m., Bryant Capley, Branch Manager of the Miami Springs Library, will provide information on what services our local library provides to our residents.

**VISIT BY MAYOR CARLOS GIMENEZ**— On May 22<sup>nd</sup> at 11:30 a.m., meet the Mayor of Miami-Dade County and learn about the many services provided to seniors by stopping by the exhibit tables set up by multiple county departments.

**"CRIME WATCH" PROGRAM** – Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will conduct the monthly Crime Watch Meeting at the senior center on May 27<sup>th</sup> at 12:15 p.m. and provide information on local criminal activity and how to avoid becoming a victim.

## SPRING FLING!

WEDNESDAY, MAY 7<sup>th</sup>

5:00--8:00 pm

at the Miami Springs Senior Center

**DINNER, DANCING**



### & ENTERTAINMENT

**PROVIDED BY D.J. JIM BORGMANN**

-Transportation available

-Reservations Required

**COST: \$ 5.00/ MEMBER**

**\$ 10.00/ GUEST**

**Door Prizes Awarded!**

**FOR FURTHER INFORMATION**  
on any of the services and activities  
offered by the  
City's Elderly Services Department,  
please **CALL US!**



**(305) 805-5160**

## CELEBRATING BIRTHDAYS:

Franklin de M.....	1
Marcia B.....	1
Manuel B.....	9
Victor G.....	11
Johnnie H.....	12
Ken U.....	13
Dulce M.....	14
Verlin M.....	14
Bertilda M.....	15
Rosa R.....	16
Rita A.....	22
Paquita H.....	30



## CELEBRATING THEIR ANNIVERSARIES:

Jesus & Alegeisa.....	5/5
-----------------------	-----

## BINGO

Monday, 5/ 5

Monday, 5/12

Monday, 5/19

Wednesday, 5/30

## "SILVER SURFERS"

FREE BASIC LEVEL

## COMPUTER CLASSES

5 week Course (instruction given in English)  
STUDENTS PRACTICE ON COMPUTERS!!

**MAY 20<sup>th</sup> – JUNE 17<sup>th</sup>**

**TUESDAYS: 9:30--11:30 a.m.**

## FIELD TRIPS

### ❖ ZOO MIAMI

Tuesday, May 13 (40 may go)  
12:30 p.m.-- 5:30 p.m.  
\$ 7.00/ea (Includes tram tour & monorail)

### ❖ WAL-MART

Thursday, May 29 (16 may go)  
1:15 p.m.-- 4:30 p.m.  
\$.50/person

## COMMUNITY SHRED DAY



Thursday, May 15<sup>th</sup> from 4:00--7:00 p.m.  
at the Miami Springs Pool Parking Lot



-The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, May 21<sup>st</sup>**, from 9:30 am--2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS**. Check with the Community Policing Office or visit [www.GatherGofet.com](http://www.GatherGofet.com) for information on the required documentation.